



Richmond/Southeast
PADRECC

Parkinson's Disease Research Education and Clinical Center

Hunter Holmes McGuire Veterans Affairs Medical Center (652/127)

1201 Broad Rock Boulevard, Richmond, VA 23249

For appointments and information please call

(804) 675-5931 www.parkinsons.va.gov

2010 Parkinson's Disease Support Group
Monthly Meeting Dates at McGuire VAMC

Day: **Thursdays (4th or last)** Time: **1-3 pm** Place: **Room 2K-113/115**

Support Group contact: Lynn Klanchar (804) 675-6952

Group is open to the community – you do not need to be a veteran to attend

Jan 28: "Moving BIG in 2010: Exercise tips for the body & the brain!"

*by LSVT BIG trained therapists: Christie Wamsley, PT, Mark Chronis, OT,
& Lynn Klanchar, RN, McGuire VAMC*

Feb 25: "Pilates & PD" *by Andrea Schuss Moreno, Certified Instructor, Pilates Richmond*

Mar 25: "Looking and planning ahead when you have a progressive disease"

By Emily L. Chrysler, MSW, Hospice and Palliative Care Coordinator, McGuire VAMC

Apr 22: Parkinson's disease Awareness Month

Presentation by Charles F. Bryan, Jr. PhD, Bryan & Jordan Consulting, LLC, President & CEO emeritus of Virginia Historical Society, and Parkinson's community leader.

May 27: "Coping with Cognitive Memory Loss: Tips to Relieve Stress"

by Mary Ann Johnson, Program Director, Alzheimer's Association Greater Richmond

Jun 24: "Anything you want to ask about Parkinson's Disease?"

by Peggy Roberge, RN, Clinical Coordinator, Southeast PADRECC, McGuire VAMC

Jul 22: "Voluntary In-Home Caregiver Respite Program"

by Janell Giles, Respite Care Coordinator, McGuire VAMC

Aug 26: "PT and Rehabilitation in PD" *by Archer O. Ticer Physical Therapist, Director of*

Rehabilitation Services, Professional Healthcare Resources, Richmond, VA

Sep 23: to be announced

Oct 28: to be announced

Nov: CAREGIVER ONLY event – Date to be determined

Dec: HOLIDAY PARTY (*Alternate meeting space: Multipurpose Room, 1st floor) –

Date to be determined

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